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HUH! THEY WERE DATING?
METRO RECOUNTS THE TOP 10 CELEBRITY BREAKUPS OF 2013 PAGE 11

New Year's Day fire leaves four without a home

One resident, three firefighters injured in blaze — which left $475,000 in damages PAGE 3

Leafs outshine Red Wings in Winter Classic

T.O.'s Tyler Bozak snipes shootout winner in front of 105,000 fans in Ann Arbor, Mich. PAGE 14

GAGA FREE
LIVE 88·5 FM

Hitting frigid water to fight kids' cancer

Great Canadian Chill.
Event raises $50,000 for cancer research

TREVOR GREENWAY
trevor.greenway@metronews.ca

It could have been -50 C and Jonathan Hoffman still would have jumped into the Ottawa River.

Standing in a small warming tent at Britannia Beach, Hoffman leans down and throws the canopy back on his stroller, showing the real reason why he has agreed to jump into the freezing cold waters on a day when thermometers are pushing -30 C.

His daughter Phoebe Rose has been battling infant leukemia since she was just nine weeks old and a few seconds of deep cold for him is no match to the pain and suffering his youngest daughter has endured in her short life.

"No matter how bad it is today, it will be an annual event," said Hoffman, preparing to take part in the Sears Great Canadian Chill polar bear dip Wednesday afternoon.

"I'm here to raise some funds and even more so to raise awareness. The more awareness we raise, the more funding we will get and the more research we will be able to conquer."

Hoffman calls his daughter "a miracle" who has beaten all of the odds stacked against her.

The Ottawa dad of two wasn't alone — more than 300 others took part in the chilly event — some garbed in Viking or Cat in the Hat costumes and others wearing T-shirts emblazoned with photos of sick kids.

Their enthusiasm quickly cooled as they plunged into a small hole cut out of the ice at Britannia Beach — smiling, determined faces, instantly turned into jaw-dropped, frozen looks.

One by one, they plunged and then scattered towards heat and dry clothing. It's these people that Phoebe's mom, Jenny Doull, said she wanted to thank.

"We rely on research. This is why an event like this is so important," Doull told Metro.

"The kids who have cancer, they go through an incredible amount of suffering and pain, so it's heartwarming to see the support."

A swimmer dressed as the Cat in the Hat splashes in the freezing cold water at the Great Canadian Chill polar bear dip at Britannia Beach Wednesday. TREVOR GREENWAY/METRO

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Fire leaves four without home New Year's Day

Investigation continues. One resident and three firefighters injured in blaze

It was a sad start to the new Yyear for Norm and Wendy Lystiuk.

Firefighters responded to a call Jan. 1 at 5:40 a.m. about a blaze at the couple's Greely home.

The fire gutted the bungalow at 6986 Shields Dr. and left the family's home uninhabitable for its four residents. Damage to the home and possessions is estimated at $475,000, according to a news release from Ottawa Fire Services.

One male resident was taken to the hospital for minor burns. Two firefighters went to the hospital and a third was treated for smoke inhalation after their air packs froze in nearly -20 C temperatures.

It was not clear who in the household was taken to hospital, as the Lystiuks declined an interview request.

Neighbour Julie Fox said she heard glass breaking at around 5:30 a.m. When she realized it was not recycling day, she looked outside and saw her neighbour's front yard bushes on fire. Before she could call for help, a fire truck was already on scene.

The blaze was under control around 1:30 p.m. The investigation is ongoing.

LUCY SCHOLEY/FOR METRO

An Ottawa firefighter packs up a hose after battling a blaze at 6986 Shields Dr. on Wednesday. The fire left $475,000 in damages and four people without a home. LUCY SCHOLEY/FOR METRO

Take a look at Ottawa's first baby of 2014

Proud mom Nadia Fils and dad Yvens Morose introduce their new baby girl Mélissa to their 16-month-old daughter Rose-Nadelie. The seven-pound, three-ounce Mélissa is Ottawa's first baby of 2014. Mélissa's big brother Cédric, 10, wasn't present for the photo op with media. Mélissa arrived at 12:02 a.m. Just 15 minutes before Mélissa was born, her aunt, Anne Luce Pierre, gave birth to a cousin, a baby boy who hasn't been named yet. Fils and Pierre said the closely timed births were a "happy coincidence." Fils had been due to give birth Dec. 31, while her sister's due date was Dec. 19. SEAN MCKIBBON/METRO

Hooper Street incident. Man survives shooting, police investigating

Ottawa police are investigating a Dec. 29 shooting on Hooper Street.

A 29-year-old man went to the hospital with a gunshot wound at about 3:15 p.m.

After the hospital notified police, officers learned the man was shot around 2:50 p.m. that day in the 900 block of Hooper Street.

Police say the man was treated and released, but there is no description of the suspects.

Anyone with information about the shooting can contact the Guns & Gangs Unit of the Ottawa Police Service at 613-236-1222 ext. 5050.

You can also call Crime Stoppers at 613-233-8477, or toll free at 1-800-222-8477. LUCY SCHOLEY/FOR METRO

Barrow Crescent

Arrest made in stabbing

Ottawa Police arrested Kurtis Cloutier, 21, following a stabbing on Barrow Crescent Dec. 28.

Police responded to a call at 6 a.m. and said they soon tracked down a man on foot near Wallack Private. The Ottawa resident was charged with aggravated assault, assault with a weapon, possession of a dangerous weapon and two counts of breach of probation. METRO

January weather. From 'severe wind chill' to warmer ski conditions

Many Ottawans likely started the first day back to work bundled up in preparation for near -30 C weather.

Environment Canada predicted a "severe wind chill" to hit the region overnight Jan. 1 with temperatures dropping as low as -30 C.

"It is advised to dress warmly and cover any exposed skin as much as possible when heading outdoors," read the weather warning. It's not supposed to be that much warmer Jan. 2, with a forecast of -22 C. However, ski enthusiasts will be happy to hear that thermometers will likely creep up by the weekend. Environment Canada is predicting a sunny -9 C Saturday and an even warmer -1 C and flurries on Sunday.

LUCY SCHOLEY/FOR METRO

Repeat champions beat out Nepean in tourney closer

Bell Capital Cup. 310 teams from seven countries took part in the 15th annual event

The nine hour drive from New Jersey was worth it for the Skyland Kings.

For the second consecutive year, the Kings were crowned champions in the minor peewee A division of the Bell Capital Cup Wednesday after knocking off the Nepean Raiders 4-1.

Kings coach Peter Ladka said it was the team's unity that kept it atop the division standings during the tournament.

"There are no superstars on this team," said Ladka after the win. "There are just a lot of boys that love coming to the rink all the time and playing hockey together and lifting each other up."

Kings forward Ryan Remick opened the scoring just three minutes into the game before teammate John Cielo doubled the lead at 2-0.

The Raiders wouldn't give up, though, and came within one with a shot by forward Cameron Wong a minute later. The close game wouldn't last long, as Remick added his second of the game for a 3-1 game after the first period.

The second period turned out to be a shooting clinic for the Kings, as they peppered Raiders goalie Ryan Papp with shot after shot — each of them turned away by a pad, stick or glove to keep the game at 3-1.

But in the third, the Kings offence was just too much for the Raiders to handle. Their 21 shots compared to the Raiders' three made it impossible for Nepean to mount a comeback.

The Kings added a fourth goal to seal the deal with just minutes left in the game. The final buzzer sent them into a frenzy of celebration as they tossed their gloves and sticks in the air and tore off their helmets.

"I am so happy, especially with my teammates," said Kings forward and tournament leading scorer Alex Dupuis, who netted two goals and eight assists in six games.

"It's been the best thing I have ever done in my entire life." TREVOR GREENWAY/METRO

Other winners

Who were the other peewee champs?

- Girls' Peewee AA: Ottawa Ice
- Peewee House A: SouthEnd Capitals (Ottawa)
- Minor Peewee A: Skyland Kings (Stockholm, N.J.)
- Minor Peewee AA: Gloucester Rangers
- Minor Peewee AAA: Sudbury Sons Blue
- Major Peewee A: Pelham Panthers (Pelham, Ont.)
- Major Peewee AA: Kanata Blazers
- Major Peewee AAA: Eastern Ontario Wild (Ottawa)

The Skyland Kings celebrate after winning the 2014 Bell Capital Cup over the Nepean Raiders Wednesday.
TREVOR GREENWAY/METRO

Powwow ushers in a new year

It's been years since Ottawa has seen a traditional holiday powwow, but members of the city's aboriginal community rang in the new year this week with song and dance.

About 250 people gathered at St Paul's Eastern United Church for the celebrations Dec. 31 and Jan. 1, where costumed dancers twirled to singing and drumming. The two-day event included music, a potluck dinner and traditional ceremonies.

Natasha Bertrand, a member of the event's organizing committee and an employee with the Odawa Native Friendship Centre, said it has been about five years since Ottawa's last holiday powwow, but a community elder suggested the dry event make a comeback.

Community members joined in to plan and fundraise with members of First Nations, Métis and Inuit communities travelling from the West Coast, Kitigan Zibi in Maniwaki, Que., New York, Montreal and Toronto for the festivities.

"Our community is one of those that is extra aware of the problems that can develop from alcohol abuse, from other drugs abuse," said Bertrand. "We know how so many other events don't insist on dry and don't insist on drug-free and we know a lot of people in our community struggle and a lot of other communities struggle with addictions.

"So this event provides us somewhere to go where we won't have that temptation. If we do want to leave, we can turn to someone — we can turn to anyone here — and say, 'I'm struggling' and they'll make sure that you get out and dance ... and that you've got support."

Bertrand stressed that it was not a political event, but "solely about the community, for the community."

She said they are already planning a holiday powwow for next year, with hopes of securing a larger venue. LUCY SCHOLEY/FOR METRO

Gabriel Whiteduck holds the Kitigan Zibi Anishinabeg flag during the opening ceremony of the Ottawa holiday powwow on Wednesday.
LUCY SCHOLEY/FOR METRO

Atlas. Man who paid down mom's mortgage now wants to see the world

Aba Atlas spent two years scrounging every penny to ensure his mother would always have a home to call her own.

Eight months after both the 23-year-old and his mom shot to Internet stardom in an emotional YouTube video, Atlas said he realizes the true gift to his mother has been the freedom to live life beyond its four walls.

The Ottawa resident said that newfound liberty was precisely what he had in mind when he embarked on a project to pay down the mortgage on the home in which she had raised her five children and bid goodbye to her late husband.

Realizing her own wages as a hotel housekeeper would always leave her strapped for cash, Atlas — then a private in the Royal Canadian Army — took advantage of his free military room and board to start saving up for a down payment.

When he finally reached his goal in April of this year, he presented her with a cheque and captured the emotional exchange on film.

Aba Atlas YOUTUBE

Even though his mother now lives mortgage free, Atlas said he has a new set of financial goals to meet. He's currently hoarding the wages he earns as a dance instructor to accumulate a travel fund.

Atlas said he'll have to save for one more year before he'll have enough for a two-year expedition through Europe and Australia. THE CANADIAN PRESS

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Palestinian ambassador to Czech Republic killed by exploding safe

Booby-trapped?
Foreign minister says no foul play suspected in apartment blast

The Palestinian ambassador to the Czech Republic died Wednesday in an explosion that occurred when he opened an old safe that had been left untouched for more than 20 years, officials said.

Ambassador Jamal al-Jamal, 56, was at home with his family at the time of the explosion, according to Palestinian Embassy spokesman Nabil El-Fahel. Al-Jamal was seriously injured and rushed to a hospital where he died, according to police spokeswoman Andrea Zoulova.

Palestinian Foreign Minister Riad Malki said no foul play was suspected, noting that the safe had been left untouched for more than 20 years.

It also appeared that the door of the safe had been booby-trapped, according to Zoulova. It was unclear how al-Jamal tried to open it or what type of safe it was.

The safe was recently moved from the old embassy building, but it had come from a building that used to house the Palestinian Liberation Organization's offices in the 1980s, Malki said.

"The ambassador decided to open it. After he opened it, apparently something happened inside (the safe) and went off," Malki told The Associated Press.

It was not immediately clear how Malki knew the safe had been untouched for more than 20 years or why and when the safe would have been booby-trapped.

During the 1980s — before the fall of the Soviet Union — the PLO had close ties with the Eastern bloc countries. In recent years, relations have been tense and the Czech government was seen as taking Israel's side in the Mideast conflict, said Nabil Shaath, a foreign affairs veteran and official in Palestinian President Mahmoud Abbas's Fatah movement.

"The safe was sitting ... in ... the old embassy.... No one had touched it for 20 to 25 years," Malki said. THE ASSOCIATED PRESS

Firemen lay on the ground near the residence of Jamal al-Jamal, Palestinian ambassador to the Czech Republic, in Prague on Wednesday. The ambassador died in an explosion that occurred when he opened an office safe that officials say had been left untouched for more than 20 years. A Palestinian official says foul play is not suspected. Inset: A recent photo of Jamal al-Jamal. KATERINA SULOVA/CTK/THE ASSOCIATED PRESS; INSET: KRUMPHANZL MICHAL/CTK/THE ASSOCIATED PRESS FILE

Tamil MP says Sri Lanka officials threatened to arrest, deport her

NDP MP Rathika Sitsabaiesan rises during Question Period in the House of Commons in October 2012. Sitsabaiesan claims she faced "political intimidation" during a visit to her native Sri Lanka. ADRIAN WYLD/THE CANADIAN PRESS FILE

A New Democrat MP of Tamil heritage says she experienced "political intimidation" during a private visit to her native Sri Lanka, but that authorities stopped short of trying to kick her out of the country.

In a statement issued Wednesday, Rathika Sitsabaiesan said she was warned by Sri Lankan officials that she could be arrested and deported.

Canadian officials were scrambling on New Year's Eve to determine the veracity of reports that Sitsabaiesan, a Toronto-area MP, had been placed under house arrest.

Sitsabaiesan said in the statement that she had received word from the Canadian High Commission in Colombo that there was in fact no Sri Lankan arrest warrant in her name.

"My experiences since arriving in Sri Lanka are a reminder that defending principles of human rights is not easy," Sitsabaiesan said in the statement.

THE CANADIAN PRESS

Fighting for human rights

Sitsabaiesan, 32, came to Canada with her family at age five and was elected to the House of Commons in 2011 in the Toronto-area riding of Scarborough-Rouge River.

- She took on a prominent role in New Democrat efforts to urge Stephen Harper to boycott a meeting of Commonwealth leaders that was held in Sri Lanka in November.
- Harper had indicated he was giving the meeting a pass in protest of the Sri Lankan government's human-rights record.
- The NDP and others have called for the government to submit to an investigation into alleged war crimes during the country's lengthy civil war.

Coded message? Vodafone Egypt ad rouses suspicion

Prosecutors have questioned officials in one of Egypt's largest telecommunications companies over an online advertisement, which a controversial blogger has accused of delivering a coded message linked to the Muslim Brotherhood, the company said Wednesday.

The accusations made against Vodafone Egypt's ad, starring well-known puppet Abla Fahita, come shortly after the government designated the Brotherhood a terrorist organization.

Ahmed "Spider," a self-styled youth activist, says code about an upcoming attack is included in the details of the puppet ad.

In it, Fahita and her daughter search for her deceased's husband sim card, while talking about another character, "Mama Touta."

Spider said a mall and dog mentioned refer to the planned site of the attack, and "Mama Touta" is the Brotherhood's secret name. THE ASSOCIATED PRESS

Cayman Islands cruise

Canadian may have fallen off ship

Police in the Cayman Islands said Wednesday that they suspect a Canadian cruise ship passenger may have fallen off the boat as search crews scoured waters around the British Caribbean territory. Police said they believe the unidentified 65-year-old man may have fallen on Tuesday.

THE ASSOCIATED PRESS

Former Israeli PM

Sharon's health takes a bad turn

The medical condition of the comatose former Israeli Prime Minister Ariel Sharon sharply deteriorated Wednesday, the hospital treating him said. Sharon, 85, has been in a coma since 2006, when a devastating stroke incapacitated him at the height of his political power.

THE ASSOCIATED PRESS

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Joe CEO making 171 times more than Joe Schmo

Life found in 'economic stratosphere.' Report out on Canada's top 100

Five years after the Great Recession wiped out thousands of jobs, Canada's top 100 CEOs continue to live in the "economic stratosphere," a study says.

They earned an average of $7.9 million in 2012, a report by the Canadian Centre for Policy Alternatives found. In comparison, the average Canadian earned $46,634, the study noted. That means Canada's top CEOs earned 171 times the average industrial wage.

Despite growing outcry over the widening income gap and soaring executive pay, very little has changed since 2008, when rules on how stock options should be valued were changed, the report says.

"For me, the remarkable thing about the last two or three years is what's not happening: … any moderation despite the focus on the one per cent, despite the constant stories about excessive executive compensation.... Despite all of that pressure, these salaries have been remarkably resilient," says Hugh Mackenzie, an economist with CCPA.

Put another way: By 1:11 p.m. today, the top 100 CEOs will have earned as much as the average Canadian earns all year, according to the report, called All in a Day's Work? CEO Pay in Canada. The main driver of soaring pay is grants of shares and stock options.

There's still no clear relationship between CEO compensation and corporate performance, the report concludes.

TORSTAR NEWS SERVICE

Top 5 CEO earners (2012)

- **$49M.** E. Hunter Harrison, Canadian Pacific Railways Ltd.
- **$18.8M.** James C. Smith, Thomson Reuters Corp.
- **$18.67M.** John A. Manzoni, Talisman Energy Inc.
- **$18.66M.** Paul N. Wright, Eldorado Gold Corp.
- **$16.85M.** Donald J. Walker, Magna International Inc.

Green stands for cash, envy and high

Tyler Williams of Blanchester, Ohio, selects marijuana strains to purchase at the 3-D Denver Discrete Dispensary on Wednesday in Denver, Colo. Legalization of recreational marijuana sales in the state went into effect at 8 a.m. on what some have referred to as Green Wednesday. THEO STROOMER/GETTY IMAGES

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Book bling for Buddy and an updo for Odie

Sugarplum went into the salon as a reddish-blond dachshund mix and came out with pink and green ears, a rainbow tail and a bow in her fur.

"It's like having a little unicorn creature," said Sasha Sinnott, an attorney from Pasadena who was nearly giddy about her dog's makeover.

For some dog owners, simple bathing and combing is not enough. So they pay groomers to turn fur into an artist's canvas, where vibrant sweeps of chalk and paint transform pooches into fantasy furballs that draw both compliments and strange looks. For an extra 10 or 15 minutes at the groomer, the everyday dog can get an outlandish redesign with a temporary paint tattoo, mohawk, feather extension or glued-on jewels.

Then there are the "extreme groomers," who turn their own pets into elaborate creations like zombies, flowers or even whole jungle scenes, transformations that can take months as hair grows, paint is applied, fur is braided or extended and shapes are sculpted.

Groomer Michelle Boch gives Molly, a 15-year-old Bichon Frise, a chalking treatment at PetSmart in Culver City, Calif. RICHARD VOGEL/THE ASSOCIATED PRESS

But there are limits to the makeover mania, which is blossoming in an unregulated industry that can leave pets open to risks. Experts say products should be non-toxic and there should be no pain involved — absolutely no piercings or real tattoos. If dogs enjoy being groomed, they shouldn't mind the extra primping, experts added.

But many pet owners and industry professionals say it's a fun activity that helps person and pooch bond.

"For me, it is about a closer connection with my pets. People are now showering their pets with the amenities and affections that they would like themselves," said Lauren L. Darr, founder of the International Association of Pet Fashion Professionals.

THE ASSOCIATED PRESS

2014: THIS TIME FOR SURE

HE SAYS

John Mazerolle
metronews.ca

The word 'resolution' is from the Greek meaning, "something you tell people you're going to do that makes them say, 'good for you!' and then you feel good but you don't actually do the thing you said because the pat on the back from the people you told was more than enough satisfaction."

This is why resolutions are all Greek to me. (Ha!)

I've made bachelorhood-related resolutions many times since I started writing a weekly column in 1957, so I'll be taking the idea one step farther in 2014 by following through on a few of them. It's worth a shot.

It's necessary because even I've got to admit my bachelorhood lifestyle is getting out of hand. If I died today my obituary is pretty much guaranteed to include the word 'squalid.'

It has to change, which is why I present:

John's Bachelorhood Resolutions 2014: This time for sure

— I resolve to stop passing off the coloured mould in the bathroom as "accents."
— I resolve to throw out my spoiled milk instead of just sliding in new cartons next to the old ones until my fridge door looks like The Two Per Cent Milk Carton Museum and Cafe. Alternatively, I vow to claim that the 2 per cent fridge wall is a Damien Hirst installation entitled The Twelve Sacraments and cash in.
— I will note the irony of only cleaning up when I expect the arrival of the cleaning lady.
— I resolve to make my spice rack more relevant than the Spice Girls.
— I will learn that girlish screams are not enough to lift tough stains, that changing my angle slightly in the mirror is not the same as weight loss, and that mixing two different flavours of Campbell's Soup is not a "recipe."
— I vow to use my vacuum cleaner at least as often as I open my Drawer o' Random Cords. (I do that often, though I'm never sure why.)
— I will use only toilet paper as toilet paper. I don't get to hum the MacGyver theme because I found an alternative use for the coffee filters.
— I resolve to value my sunroom as a cherished part of my apartment instead of the place I throw recycling, DVDs without cases, books without shelf space, garbage bags containing things I'm not certain I remember, and deceased organisms.
— If I choose to procrastinate on all of these resolutions, I need a better excuse than, "My favourite Internet is on."

And those are my resolutions.

In 2014, won't you drop by my apartment to see how well I'm doing?

Please note that the Public Health Agency recommends a tetanus booster for anyone visiting my apartment and requires proof of immunization against Japanese encephalitis for some reason. See you soon!

ZOOM

Probably more fun than whatever you did:

Snapshots of New Year's celebrations around the world:

Indonesia

Girls in traditional costumes gather during a parade for the last sundown of the year on Bali island. FIRDIA LISNAWATI/THE ASSOCIATED PRESS

Germany

O Gunners of the historical Grenadier Corps 1810 greet the new year with 12 cannon salutes in Villingen-Schwenningen, southwestern Germany. This New Year's tradition dates back to 1633 remembering an overcome siege during the Thirty Year's War. PATRICK SEEGER/DPA/THE ASSOCIATED PRESS

USA

Dick the Dog is pushed in a carriage during the Key West Dachshund Walk. About 200 canines participated in the annual procession. ANDY NEWMAN/FLORIDA KEYS NEWS BUREAU/THE ASSOCIATES PRESS

Ecuador

A mask in the likeness of President Rafael Correa hangs with other masks in Quito, Ecuador. The masks are created to place on effigies that are burned at midnight. ANA MARIA BUITON/THE ASSOCIATED PRESS

Clickbait

LUKE SIMCOE
Metro Online

Although the video game market is still dominated by major studios, smaller, independent developers are finding new ways to reach consumers. Increasingly, this means packaging their games together in a pay-what-you-can bundle. Here are a few sites that will help you get your hands on some new games for cheap, and maybe even help out a charity or two along the way.

humblebundle.com:
The king of the bundle scene, Humble Bundle has been going strong for over three years. They typically bring in over $1 million in sales for their packages, with the money being split between the organization, the game developers and charities like the Red Cross and the Electronic Frontier Foundation. Their games are cross-platform, and they've recently branched out to include mobile titles and even ebooks and music.

bundlestars.com:
Based in the United Kingdom, this site offers bundles catering to different video game genres, from sports to role-playing games.

indieroyale.com:
With a true focus on independent games, these bundles are guaranteed to include at least a few titles you've never heard of.

Twitter

A woman finds what she describes as a "very lethargic" snake in a curbside couch months after she initially picked it up. What's the weirdest thing you ever picked up with a roadside freebie?

@thewrongshoes: a rat had babies inside a sofabed we never opened. sat on them & squished.them. found out when they started to rot

@SUNAllisonSalz: Saw a computer. Took it home. Realized why it was free. Put it back.

@EminaKosjenka Friends got couch that kept hemorrhaging money on the way home! They plan on loading it w/change when theyr done w/ it.

Follow @metropicks and take part in our daily poll. Best answers published right here.

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

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Just another manic morning for the CTV Morning Live hosts

Rise and shine.
Lianne Laing and Jeff Hopper talk waking up in the middle of the night to bring you the day's biggest news

BACKSTAGE PASS
Jen Traplin
ottawa@metronews.ca

Lianne Laing and Jeff Hopper, hosts of CTV Morning Live, rise at an "ungodly" hour to help start your day off right.
CONTRIBUTED

Imagine waking up for work in the middle of the night, when most people are still sound asleep and hours away from starting their day.

That's exactly what the hosts of CTV Morning Live, Lianne Laing and Jeff Hopper, do every weekday morning.

Both wake up between 3:30 and 3:45 a.m.

"My rule of thumb is no snooze button — I get up at the last possible second, as soon as the alarm goes," says Laing.

It's a similar story over at Hopper's house.

"My alarm goes off, my brain thinks to itself, 'Ugh,' but I put my feet on the ground right away and start my day because, if I don't, I'll sleep through my alarm," Hopper admits jokingly. "But the job is so much fun that it motivates me to get up at that ungodly hour."

The crew has a meeting at 4:30 a.m. and another at 5:45 a.m.

In between, the hosts get dressed and ready for the show, which kicks off at 6 a.m. and includes the latest news, traffic and weather as well as a variety of guest and entertainment segments.

"Our job, and I hope we do a good job of it, is to take a look at everything that we've seen over the last 24 hours and what has happened overnight and say, 'What's the big thing for today? What is everyone going to be talking about?' We try to set you up for the day armed with the knowledge you need," Hopper explains.

"We have a lot of fun with the things that are going on right here. The city is always growing and there are people out in the community that have ideas and are excited about where we live and I hope we bring that to the show. I like the thought of CTV Morning Live being a daily celebration of what Ottawa is all about."

The show is high energy and includes plenty of natural moments, thanks to the fact that nothing is actually scripted, minus the newscasts, of course.

"The entire show is ad libbed. That's just who we are. It helps that we are friends and know what's going on in each other's lives and I think that makes for a better show," Laing says.

CTV Morning Live airs every weekday morning from 6 to 10 a.m. on CTV Two.

When to watch

- **CTV Morning Live.** Airs every weekday morning from 6 a.m. to 10 a.m. on CTV Two.

Quoted

"My alarm goes off, my brain thinks to itself, 'Ugh,' but I put my feet on the ground right away and start my day."

CTV Morning Live Host Jeff Hopper on getting up at 3:30 a.m. every morning

Think on your feet to avoid being Chopped

EMILY RICHARDSON
scene@metronews.ca

What does it take to not get chopped? Skill, creativity, patience and really quick thinking. I was invited to be part of a media challenge that welcomed Chopped Canada to Food Network Canada. The show debuts Thursday on the network.

For those of you that don't know the show, here's the plot: four competitors have 20 minutes to create three spur-of-the-moment dishes from ingredients in a mystery basket.

So in true Chopped style, we were handed the mystery basket but organizers cut us some slack — we had 30 minutes to create our dishes, and we got a partner. I was happy to be partnered with Ania Krysa, web producer for Food Network Canada. So did we have an advantage compared to the contestants on Chopped Canada? Yes we certainly did — we could bounce ideas off each other and the two of us could gather ingredients and other equipment we needed.

Host Dean McDermott started the morning by introducing the show's judges: Lynn Crawford, Chuck Hughes, Roger Mooking, Susur Lee, Michael Smith, Vikram Vij, John Higgins and Anne Yarymowich. Then he explained the rules of engagement. On his command, Ania and I opened our basket and pulled out the ingredients one by one — yikes! — beef tenderloin, Canadian cheddar cheese, fresh grapefruit and wait for it... candy sprinkles.

That's the twist that you can expect on the show: something out of the ordinary to throw off contestants. For Ania and me? Heck — grapefruit and sprinkles got our adrenaline pumping and our brains racing with ideas. While Ania was creating an Indian-inspired spice crust that included the candy sprinkles, I began working on the grapefruit, using some rind for the crust as well as reserving the juices for a vinaigrette that we would surely need. How would we use that cheese? Ha! Cheese tuiles topped with candy sprinkles.

We were lucky because there were two of us — I can only imagine what it would be like completing the task by myself, knowing that I'd have a chance to win $10,000.

As the judges tasted our dish, we heard: "Do you want to know what I really think of your dish?" Lynn Crawford asked. "Yes," we said in agreement. "I love it!" she laughed and smiled. The other media teams followed with their amazing dishes. The competition was fierce, as it will be on the show. And sadly, we were chopped — but the experience was more than I could ask for.

Chopped Canada debuts Thursday, Jan. 2 at 10 p.m. ET/PT on Food Network Canada.

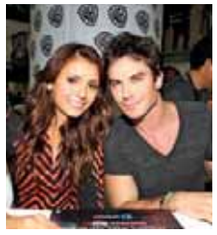
Top 10 celebrity splits of 2013

It was a messy year in the world of celebrity love lives. Both longtime couples and quick-moving flames found themselves burning out. Some parted ways on good terms (at least in the media), others left a wake of gossip and resentment in their paths, and a few even found their way back to each other.

METRO WORLD NEWS

Miley Cyrus and Liam Hemsworth

Jennifer Lawrence and Nicholas Hoult



Nina Dobrev and Ian Somerhalder

Miranda Kerr and Orlando Bloom

Taylor Swift and Harry Styles

Kris Jenner and Bruce Jenner

Katy Perry and John Mayer

Michael Douglas and Catherine Zeta-Jones

Marc Jacobs and Harry Louis

Ryan Seacrest and Julianne Hough

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Audio sampled on Beyoncé single stirring up controversy

MELINDA TAUB
Metro World News

Beyoncé's new single, XO, features audio from the day of the 1986 Challenger disaster. At the beginning of the song, NASA spokesman Steve Nesbitt can be heard saying, "Flight controllers here looking very carefully at the situation. Obviously a major malfunction."

It's an excerpt from a statement he made to reporters as debris from the Challenger rained from the sky. The Challenger exploded on Jan. 28, 1986, and killed all seven astronauts onboard.

"We were disappointed to learn that an audio clip from the day we lost our heroic Challenger crew was used in the song XO," June Scobee Rodgers, widow of Shuttle Commander Dick Scobee, told ABC News. "The moment included in this song is an emotionally difficult one for the Challenger families, colleagues and friends."

Beyoncé stopped short of offering an apology, but she did issue a statement explaining the rationale behind the sample. "My heart goes out to the families of those lost in the Challenger disaster. The song XO was recorded with the sincerest intention to help heal those who have lost loved ones and to remind us that unexpected things happen, so love and appreciate every minute that you have with those who mean the most to you."

Goodbye Uncle Phil

Fresh Prince actor James Avery dies at 65

James Avery, the bulky character actor who laid down the law as the Honorable Philip Banks in The Fresh Prince of Bel-Air, has died.

Avery's publicist, Cynthia Snyder, told The Associated Press that Avery died Tuesday. She did not immediately know the cause of death or where he died. Avery played Will Smith's uncle on the popular TV series. His movie credits included Fletch, 8 Million Ways to Die and The Prince of Egypt. METRO

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SHOPPERS DRUG MART

A brighter 2014 in store for shoppers

Colour me good. Bold graphics, pale pastels set to add pop to your closet in 2014

Whether you're seeking to make a minor ripple or sizable splash in your wardrobe in 2014, prognosticators are hoping to help make the new year a stylish one with predictions of noteworthy new looks in fashion. Lisa Tant, vice-president, fashion editor at Holt Renfrew, shars her views on notable trends and suggestions on how to incorporate the changes within your apparel and accessories.

Pale hues and bold blooms

When it comes to injecting a little extra colour into the wardrobe, Tant suggested opting for a softer touch in the form of a pretty pastel.

"We saw pale pink, pale blue, mint green," she said. "It sounds kind of girly and you might think that sounds too sweetie pie for a lot of women. But it's being cut in really simple shapes like a pale blue

trench coat or a pale pink motorcycle jacket, a mint green pencil skirt. It's really kind of cool colours and classic pieces."

For those keen to crank the colour or longing for a bolder statement in the form of pattern, blooms are back in a big way. Tant pointed to emergence of large, bright, bold florals and tropical patterns for the coming year.

Feeling fringe

Expect to see a little something extra in the form of embellishments on apparel and accessories for the new year. The fringe is flowing and in abundance as a stylish addition to many key pieces. THE CANADIAN PRESS

Hydrating hair oils for winter

Don't underestimate the powers of frigid temperatures, biting winds and central heating to damage your hair

ROMINA MCGUINNESS
Metro World News

So many of us assume that the only time our locks deserve a little TLC — a smother of coconut oil, a drop of shea butter — is once they've been frazzled by the burning sun and dipped in sea salt. Once summer is over, you switch to richer conditioner, slip on a beanie and voilà. But that won't be enough.

Frigid temperatures outdoors, central heating indoors and biting winds can do just as much damage to your hair as 12-day beach vacay. To help, we've rounded up oils formulated with the most nourishing ingredients including avocado, olive or argan to oil, to keep your hair hydrated over winter — despite the blasting heat of the hairdryer.

Moroccanoil
Treatment Light
$50

Kiehl's
Olive and avocado leave-in cream
$30

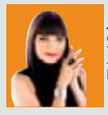
Sisley
Extract for Hair and Scalp
$139

L'Oreal
Professional Mythic Oil
$23

Ojon
Rare Blend Oil Moisture Therapy
$49

Wella
SP Luxe Oil
$33

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

Happy day: Perfect way to say goodbye to 2013+hello to 2014!!! X-country skiing at the farm with my family. #bliss

Me in my farmhouse kitchen with my #OrderofCanada pin! Sweetest accessory ever...

Canadian street style

Spotted in: Toronto

Name: Skye

Age: 25

Occupation: Fashion stylist

What she's wearing
Zara coat and scarf, Rebecca Minkoff bag, 3.1 Phillip Lim boots.

Her inspiration
"London street style, i-D magazine, '90s minimalism, Hanne Gaby Odiele: off duty."

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT – AN E-NEWSLETTER PROGRAM – AND A WEEKLY NEWSPAPER SECTION TOO!

Sparking new life into a cold fireplace

DIY. Tricks for making a hearth more welcoming range from adding pillar candles to installing a new mantle or insert

If your festive stockings are looking out of place hanging from a dated and unused fireplace, it's time to give that old hearth a facelift. Adding some simple and affordable design elements will restore the fireplace as an inviting destination to read a book or gather with friends and family.

To bring an old-fashioned design into the 21st century, consider a more in-depth overhaul that will be both stylish and energy efficient.

Bring the outdoors in

Even if a wood fire isn't in the near future, logs for decoration can give an empty fireplace some life. Try experimenting with different stacking patterns and types of wood, like birch. White birch bark provides a nice contrast to many dark brick fireplaces and can make them look more welcoming and less like a black hole in the wall.

Shine a light with candles

For a more elegant look, replace logs with candles and go for a layered appearance using a mixture of pillar candle sizes. White or cream candles will work with almost any fireplace but get creative by adding some colour to complement the room's decor. To help fill out larger spaces, try adding an elegant cast iron candle holder.

Modernize with a new mantle

Installing a modern and stylish mantle is an easy refresh project. They can either be bought separately or as part of a larger fireplace kit for a more complete makeover. The kits come in different sizes so make sure to take measurements before visiting a store. There are legal requirements about how close materials can be installed from the fireplace opening so do some research before beginning to ensure you're not creating a fire hazard.

Fire up a fireplace insert

While the initial costs of installing a fireplace insert are high, it's a practical and energy efficient solution everyone should consider. Installed into an existing fireplace, inserts not only transfer more heat into the home than a traditional fireplace, but don't let the fire's energy escape through the chimney. Wood-burning inserts are available for the traditionalist, but electric or gas options are far more efficient. For safety reasons, it's recommended that inserts be installed by a professional.

House Crashers

- For more home improvement ideas tune in to House Crashers, Wednesdays at 9 p.m. ET/PT on DIY Network Canada.

Make your fireside inviting again by using the tricks and tips listed. ISTOCK

Kick off your New Year healthy eating resolutions with salmon

For a healthy start to 2014, try this baked salmon.

1. Mix all marinade ingredients and marinate salmon 1 hour.

2. Preheat oven to 425 F (220 C).

3. Remove salmon from marinade and pour into a small saucepan. Place salmon on a parchment-lined baking sheet and cook in the oven for 12–15 minutes or until desired doneness.

4. Meanwhile, bring marinade to a boil, simmer for 5 minutes and remove from heat. Add honey and reserve.

5. Place a slice of cheese on each plate, lay hot salmon over cheese and garnish with shoots and cilantro.

DAIRY FARMERS OF CANADA (ALLYOUNEEDISCHEESE.CA/GRANDPRIX

Ingredients

Citrus marinade

- 1/2 cup (125 ml) orange juice
- 1 tbsp (15 ml) lime zest
- 1 tbsp (15 ml) lemon zest
- 1 tbsp (15 ml) fresh ginger, chopped
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) fresh cilantro, chopped
- 1 tbsp (15 ml) honey
- 2 cloves garlic, chopped
- 2 green onions, chopped
- Freshly ground pepper
- 8 salmon fillets, 5 oz (140 g) each
- 1 tbsp (15 ml) honey
- 6 oz (180 g) Le Noble cheese, cut into 8 slices
- 1 cup (250 ml) snow pea or sunflower shoots
- 1/2 cup (125 ml) fresh cilantro

Asian-Baked Salmon with Le Noble Cheese

This recipe serves eight. DAIRY FARMERS OF CANADA

Mind the App

Cooking Matters

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

iPhone/iPad/Android
Free

Stretch your money and tighten your waistline with these health-conscious, calorie-counting recipes aimed at helping families through lean times.

Highlights include cornbread-crusted chicken, cranberry walnut coleslaw and orange oatmeal pancakes.

Maple Leafs centre Tyler Bozak makes a move on the Red Wings' Jakub Kindl during the Winter Classic in Ann Arbor, Mich., on Wednesday. Bozak went on to score the shootout winner in the Leafs' 3-2 win. STEVE RUSSELL/TORSTAR NEWS SERVICE

Bozak is the man of the Big House

NHL. Maple Leafs centre scores regulation goal, shootout winner in front of 105,000 fans at Winter Classic

If the Toronto Maple Leafs and Detroit Red Wings played this way on a Wednesday night in January at Air Canada Centre or Joe Louis Arena, it'd be considered a mediocre NHL game.

But this was the Winter Classic, with snow falling and the wind blowing through Michigan Stadium in the middle of a frigid afternoon. The conditions made for some sloppy play at times, but the spectacle of the event overshadowed that.

Tyler Bozak finished off the on-ice drama by scoring the shootout winner for the Leafs, who moved ahead of the Red Wings in the Eastern Conference wild-card standings with a 3-2 victory in front of a frozen crowd of 105,491.

Joffrey Lupul also scored in the shootout for Toronto, while Pavel Datsyuk scored for Detroit.

Bozak and James van Riemsdyk scored in regulation for the Leafs, while Daniel Alfredsson and Justin Abdelkader had the Red Wings' goals.

Toronto goaltender Jonathan Bernier made 41 saves in regulation and overtime for the victory, his third straight. Detroit's Jimmy Howard had 24 saves in a losing effort.

THE ASSOCIATED PRESS

Winter Classic

3	2
Maple Leafs	Red Wings

USA A-OK without Ryan?

The U.S. men's Olympic hockey team is set, and Ottawa Senators forward Bobby Ryan, a 2010 Olympian, will not be going to the Sochi Games.

- The U.S. skaters named to the team include Dustin Brown, Patrick Kane, Phil Kessel, Max Pacioretty, Cam Fowler and Ryan Suter.
- Jonathan Quick, Ryan Miller and Jimmy Howard will be the goalies.

Eyes on Sochi

Stamkos on fast track from broken leg to Olympics

Steven Stamkos continued to skate towards his Olympic dream Wednesday, hoping that he can recover from a broken leg in time for the Sochi Games next month.

The Canadian sniper skated in Vancouver after his Tampa Bay Lightning held a morning practice in preparation for a game against the Canucks.

He aims to be ready to play with the Lightning before he goes to Russia.

THE CANADIAN PRESS

OHL

Frontenacs upend 67's in shootout

Spencer Watson scored the winning goal in the shootout and also had a goal in regulation as the Kingston Frontenacs edged the Ottawa 67's 6-5 on Wednesday.

Kingston (21-12-4) defenceman Evan McEneny scored on a power-play with 28 seconds left to send the game to overtime.

Joseph Blandisi had two goals for the 67's (12-20-4).

THE CANADIAN PRESS

Michael Schumacher

F1 legend still in critical condition

Formula One great Michael Schumacher's condition was stable but still critical overnight as he remained unconscious following a brain injury suffered in a skiing accident, his manager said Wednesday.

Sabine Kehm told reporters that his condition has not changed since doctors said he showed small signs of improvement on Tuesday, following his second brain operation. He remains in a medically induced coma.

THE ASSOCIATED PRESS

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Horoscopes

♈ Aries
March 21 - April 20
With Mars, your ruling planet, moving through your opposite sign of Libra you will be very impatient over the next 24 hours, especially with people who think slowly. Compared to you, that's just about everyone.

♉ Taurus
April 21 - May 21
Cosmic activity in the work and well being area of your chart warns you must be careful not to overdo it today. You may have a thousand and one things to do but you won't get them all done at once.

♊ Gemini
May 22 - June 21
Don't let others' doubts stop you from pushing ahead with a plan you know has the potential to make you both happy and successful.

♋ Cancer
June 22 - July 23
Try to give loved ones more freedom today and tomorrow. It's not enough just to say that you trust them — show it too. Besides, the more you try to control others, the more you encourage them to break away.

♌ Leo
July 24 - Aug. 23
Your confidence may sink today but it's a passing phase, so don't worry about it. Most likely you are the only one who will notice anyway. A Leo who lacks confidence still looks and sounds like a winner.

♍ Virgo
Aug. 24 - Sept. 23
The sooner you stop worrying about your money situation, the sooner it will sort itself out. The more you torment yourself about something the more power you give it.

♎ Libra
Sept. 24 - Oct. 23
Mars in your sign makes you more aggressive than usual, so be careful when dealing with people one-to-one. You may not realize how intimidating you seem, but others notice. Treat everyone with respect.

♏ Scorpio
Oct. 24 - Nov. 22
There is no point feeling sorry for yourself, not even if your number one plan seems to have hit a brick wall. If fate in its wisdom wants you to stop for a while or try a different course, just take it in your stride.

♐ Sagittarius
Nov. 23 - Dec. 21
Others may say you are aiming too high but you know that you have to aim high to increase your chances of hitting a worthwhile target.

♑ Capricorn
Dec. 22 - Jan. 20
Mars is currently moving through the career area of your chart, which means that people who see you as a rival will do whatever they can to disrupt your climb to the top. They won't succeed, of course.

♒ Aquarius
Jan. 21 - Feb. 19
Take care not to say too much when talking to people you are not sure you can trust. You like to chat, it's part of your nature, but if you say too much you could undermine your position.

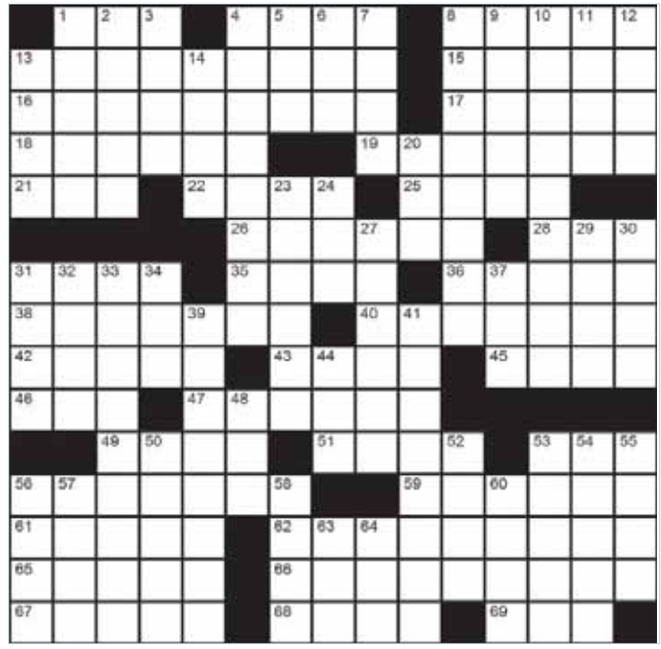
♓ Pisces
Feb. 20 - March 20
You know may believe one thing but if your instincts tell you a different story, it is your instincts you must trust. There is such a thing as herd mentality and there's a lot of it.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

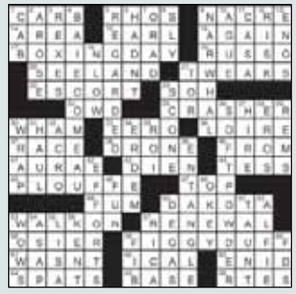
BY KELLY ANN BUCHANAN



Across
1. Nero's 201
4. Parisian 'pea'
8. Type sizes
13. Canadian comic legend: 2 wds.
15. Judy Garland's daughter Ms. Luft
16. Theory of __
17. Eel, in sushi bars
18. Leave
19. Inhabitant
21. Magazine edition [abbr.]
22. Celeb's to-an-event ride
25. Ms. Gray of tunes
26. Sewing machine brand
28. Address book abbr.
31. Pro __ (In proportion)
35. __ __ off (What light switches could be at any given time)
36. County in Ireland
38. Component
40. The Band song that goes "Boards on the window / Mail by the door..."
42. Famous violin, commonly
43. Organic compound
45. Li'l instruments
46. Rocky hill
47. Legendary lady of Coventry
49. Actor/rapper, __-_
51. Door openers
53. Curve
56. T.O.'s world-renowned free-standing structure: 2 wds.
59. Sporty position
61. Q. "Is '__' _ 1991 Dustin Hoffman movie?" A. "Yes."
62. Hit by Montreal band Bran Van 3000 featuring the singing of Curtis Mayfield
65. Ms. Lavigne
66. Sports: Ottawa Senators founder, Bruce __
67. Actress Salma
68. Gulf leader [var. sp.]
69. 'Count' suffix

Down
1. Inlets
2. Dices
3. Bran Van 3000's "Drinking __ _._"
4. Jim __, Canadian tycoon whose holdings include the Guinness World Records books
5. Clandestine maritime org.
6. Oath-taker's words
7. Music's *N__
8. Ancient Greek biographer of Parallel Lives
9. Ancient column style
10. Chilliwack song: 2 wds.
11. Brad Pitt's leading lady, for short
12. 1940s baseball pitcher Johnny
13. Knight in George Lucas' world
14. Ringlet
20. "_ __ Mine" by The Beatles
23. Coined
24. Artist Yoko
27. Furrow
29. Lake __
30. Pasturelands
31. Relaxation
32. Choir voice
33. Nunavut, for one
34. Music honour, e.g.
37. Currency in Romania
39. Out-in-the-open-air attraction at #56-Across
41. Theatrical offering attendee
44. 'Neat' suffix
48. 'Capri' suffix
50. American journalist Ms. Roberts
52. __-chef
53. Canadian shoe stores
54. Nothings: French
55. Give up
56. Nuu-__-nulth (People of the Pacific Coast of Vancouver Island)
57. Explosive star
58. "Pearl Harbor" (2001) role, Capt. __ McCawley
60. Poker stake
63. Actor Alastair
64. Three

Tuesday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	2	5		1	7	3		
	3				9			8
			4	3				
		6				4	5	
			3		1			
	5	9				7		
				4	2			
1			9				2	
		4	1	7		9	6	

Dec 26's Sudoku

3	7	9	1	2	5	8	4	6
1	2	8	3	4	6	5	7	9
6	5	4	8	9	7	3	2	1
7	6	1	9	3	8	4	5	2
9	4	3	5	6	2	1	8	7
2	8	5	4	7	1	9	6	3
5	1	2	6	8	9	7	3	4
4	9	6	7	5	3	2	1	8
8	3	7	2	1	4	6	9	5

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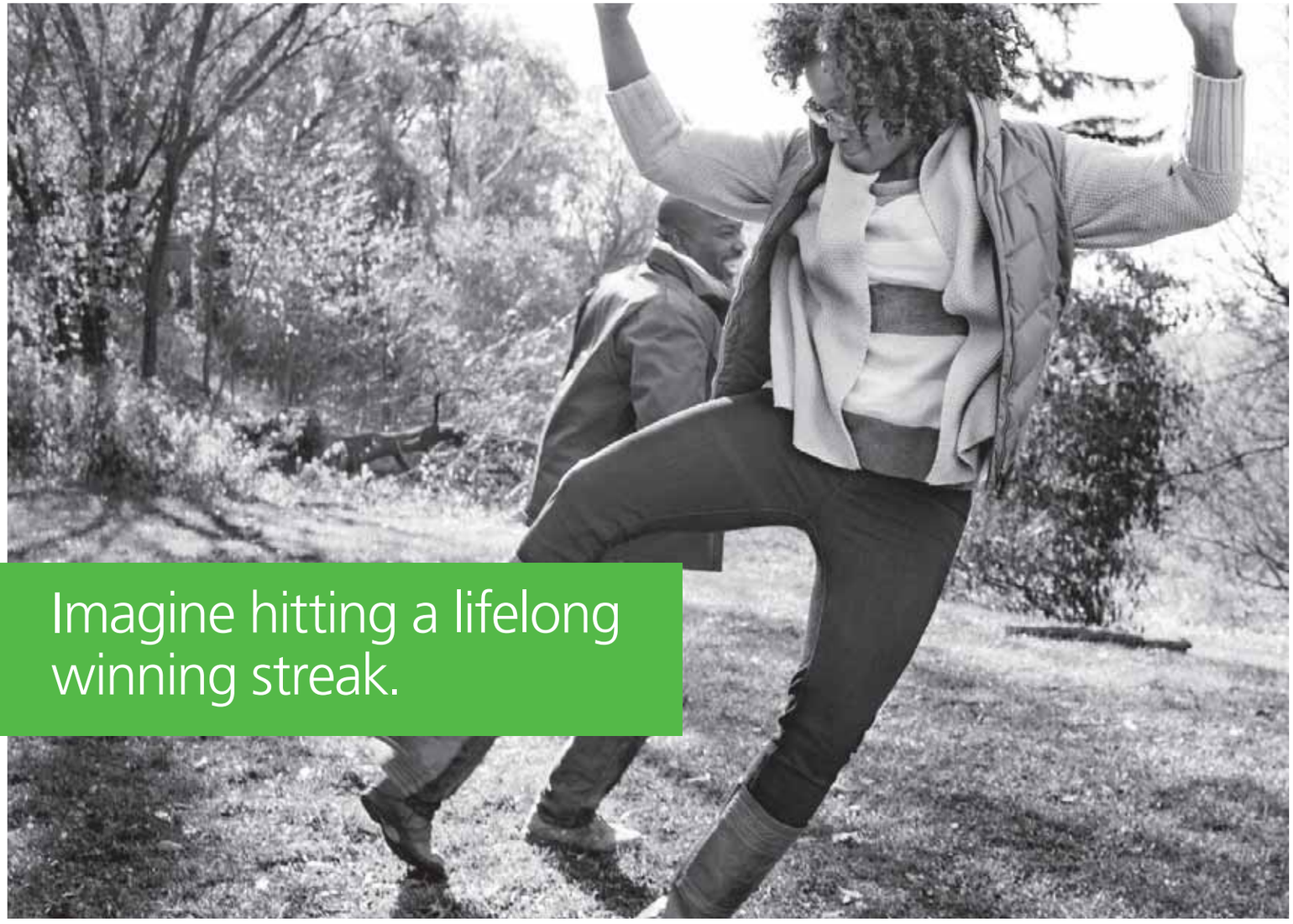

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